

## ABSTRACT OF THE DISCLOSURE

A phase-change optical information recording medium, in which information can be recorded, erased, and read includes  
5 a substrate and a recording layer overlying the substrate.  
The recording layer achieves a crystal phase and an amorphous phase. The absorptance  $A_c$  of the recording layer in the crystal phase against light having a wavelength of from 370 nm to 450 nm is lower than the absorptance  $A_a$  of  
10 the recording layer in the amorphous phase against the light. Information is recorded on the recording medium with a recording wavelength of from 370 nm to 450 nm at a recording pitch of 0.3  $\mu\text{m}$  to 0.52  $\mu\text{m}$ .